

## We Claim:

1. A device for inhibiting melatonin suppressing light comprising:  
means for selectively blocking light having a wavelength capable of suppressing  
5 melatonin production in a human.
2. A device according to claim 1, wherein the means for selectively blocking light is an  
optical filter.
- 10 3. A device according to claim 2, comprising the optical filter which includes a polarizing  
layer.
4. A device according to any one of claims 1 to 3, wherein the means for selectively  
blocking light is operable to substantially block light having a wavelength less than at or  
15 about 530 nm.
5. A device according to claim 4, wherein the means for selectively blocking light is  
operable to substantially block light having a wavelength of between at or about 470 nm  
and at or about 530 nm.
- 20 6. A device according to claim 5, wherein the means for selectively blocking light is  
operable to substantially block light having a wavelength of between at or about 497 nm  
and at or about 530 nm.
- 25 7. A device according to claim 3, wherein the polarizing layer is a polarizing film.
8. A device according to any one of claims 1 to 7, wherein the device further comprises an  
ultraviolet light absorber.
- 30 9. A device according to any one of claims 1 to 8, comprising at least one of eyewear, a  
lightbulb, a light cover and a lens.

10. A lens operable by a user who is exposed to melatonin suppressing light at peak melatonin production times, the lens comprising an optical filter operable to selectively block light having a wavelength capable of suppressing melatonin production in a user.
- 5 11. A lens according to claim 10, wherein the lens is incorporated in eyewear.
12. A lens according to claim 11, wherein the eyewear is selected from the group consisting of spectacles, goggles, contact lenses and safety glasses.
- 10 13. A light device comprising an optical filter operable to selectively block light from the light device having a wavelength capable of suppressing melatonin production in a human.
14. A light device according to claim 13, wherein the light device is chosen from an  
15 incandescent light source, a fluorescent light source or any other artificial light source.
15. A light device according to claim 13, wherein the optical filter is a coating on at least one surface of the device.
- 20 16. A light cover for use with a light device, the cover comprising:  
an optical filter operable to selectively block light from the light device having a wavelength capable of suppressing melatonin production in a human, the cover being operable to releasably attach to the light source to channel the light emitted from the light source therethrough.
- 25 17. The use of an optical filter for the prevention or the suppression of melatonin production in a human, the filter being operable to selectively block light, having a wavelength capable of suppressing melatonin production, from reaching the retina in a human.
- 30 18. The use of a device for the prevention or the suppression of melatonin production in a human, the device being operable to selectively block light, having a wavelength capable of suppressing melatonin production, from reaching the retina in a human.